

# STATE INDIVIDUAL WRESTLING TOURNAMENT CHEERLEADING INFORMATION

**Coach/Chaperone DO NOT bring children of any age (including infants) with you to the tournament. They will not be allowed in at the Cheer Door.**  
**NO EXCEPTIONS!**

## BEFORE ENTERING THE ARENA

**DROP OFF FOR CHEERLEADERS:** For the cheerleaders' safety, coaches NEED TO USE THE DROP OFF LANE ON THE RIGHT HAND SIDE OF THE ROAD (by HyVee Hall) to drop cheerleaders off. CHEERLEADERS NEED TO USE THE CROSS WALK TO CROSS THE STREET at the corner. PLEASE instruct your cheerleaders to do this for everyone's safety. The Des Moines police do not want cars stopping in traffic to drop off cheerleaders at the cheer entrance. They will ticket offenders. Please respect this request from the Des Moines Police Department.

- There are other events in downtown Des Moines including HyVee Hall this year. Come early as parking will be difficult. Be aware some parking ramps DO NOT take a debit/credit card. Charges will be \$10 for ramp or parking lot use. **THE ONLY ENTRANCE cheerleaders and cheerleading coaches/chaperones will be admitted in free-of-charge will be the designated "Cheerleader Entrance" on 3<sup>rd</sup> street, under the skywalk.** This door will open 90 minutes before each session, which is the same time the spectator doors open. NO EXCEPTIONS WILL BE GRANTED!
- NO PILLOWS, PILLOW PETS, STUFFED ANIMALS, ETC. ARE ALLOWED. Leave these articles at home or in the bus. **People with these objects will take them to the vehicle** before the team will be allowed in for a safety check. All items brought in must fit in a cheerleader's bag.
- **No speaker systems are to be played or brought into the arena area by cheerleaders or coaches.**
- **NO BIG BAGS and NO BOOTS** will be allowed as they take up too much space in the cheer seating area. Come as ready as you can to **EVERY SESSION.** **A small sling type bag (no back packs) would be allowed if necessary (except for Finals where no bags are permitted).** **All bags MUST fit under the seats and not be in the walk areas or on empty seats.** This includes the walk area in the rows of seats. Check ICCA website for photo examples.
- **No COOLERS** maybe be brought in for wrestlers or personal use.

## ENTERING THE ARENA

- Each qualifying school may have **SIX CHEERLEADERS and ONE COACH OR CHAPERONE ADMITTED FREE** at this entrance for each session in which their wrestlers compete (NO MASCOTS). If your school only has four cheerleaders and two coaches your school will only receive wristbands for four cheerleader and one coach. **NO TICKETS WILL BE SOLD AT THE CHEERLEADER ENTRANCE! No additional**

cheerleaders, additional coaches, **managers**, mat girls (must enter on wrestling worker door), bus drivers, or children of any age are allowed to enter at the cheerleading entrance, please have them go to south entrance for tickets and entrance to the tournament!

Cheerleaders and their coach or chaperone MUST enter through the Cheer Entrance for each session. Cheerleaders must undergo a safety check before each session and before they will be allowed admittance to the main floor in the arena.

Injured cheerleaders must adhere to the same rules to be admitted for free and will be counted as one of your six wristbands available. **Injured cheerleaders must be in uniform and undergo a safety check to be admitted for free.** Ineligible cheerleaders will not be admitted. **NO MANAGERS are admitted with the cheerleaders.**

- All cheerleaders and one coach or chaperone will receive a security wristband when they enter the arena. The wristband allows the cheerleaders access to the floor where wrestling is occurring and the spectator area. **New wristbands** will be issued each day of the tournament so different cheerleaders can cheer on different days of the tournament and a different coach/chaperone can accompany them. On days of multiple sessions, a wristband can be **exchanged** by making arrangement with IHSAA staff **prior to leaving the arena from the first session**, it will then be cut off and exchanged when the new cheerleader or coach returns for the second session. **WRISTBAND MUST BE WORN ON THE WRIST AND MUST BE TIGHT ENOUGH NOT TO COME OFF!** **Only the current wristband of the current session must be on the wrist.**
- Only those cheerleader(s) (maximum 6) in a bona-fide, school issued or approved cheerleading uniform, and one cheerleading coach per school who have wrestler(s) competing in the finals will be given a wristband for finals and be allowed to sit in the free seating area. All others MUST have a ticket and sit in the spectator area. **NO EXCEPTIONS WILL BE GRANTED!**
- The cheerleading coach, chaperone, or school administrator **MUST** check-in at the cheerleader entrance and **MUST STAY** with the cheerleaders until they have been through the ICCA safety check. **COACHES ARE STILL RESPONSIBLE FOR THE CHEERLEADERS IF THEY LEAVE THE AREA.** We **expect** this person to sit with the cheerleaders in the designated area.
- A cheerleading room, with a restroom, will be provided on the floor level, however, we encourage and urge cheerleaders to come to all sessions of the tournament already in uniform, ready to cheer. It will be to a schools advantage to come as ready as possible. Cheerleaders are responsible for their own valuables and **NO ITEMS OR VALUABLES ARE TO BE LEFT IN THE CHEERLEADING ROOM AT ANY TIME!** **NO CHEER ROOM IS AVAILABLE FOR FINALS.**
- **NO CAMERAS OR CELL PHONES** are allowed in locker room area to respect everyone's privacy.

- **Cheer Coaches - Please talk to your squad about NOT removing jackets and/or pants when they get to the safety check area from receiving wristbands. They should wait until they are IN the locker room.** The space is crowded with teams getting safety checks, workers, wrestlers, and coaches moving through. There isn't room for teams to just stop and do this. This INCLUDES taking off jackets!
- **THERE IS NO CHEER ROOM FOR FINALS.** Cheerleaders are required to arrive ready to cheer (MUST be in uniforms with hair, nails, etc.) No big bags are allowed. We recommend coach brings in one bag and all needed items are in it.

## SAFETY CHECK

- **Safety checks will END 5 MINUTES before the START of a session** so monitors may take their positions at the mat. Squads arriving late will be delayed until a checker is available. We RECOMMEND the cheerleaders for 106 and 113 pounders arrive no later than 60 minutes before a session begins.
- The Iowa Cheerleading Coaches' Association will monitor the cheerleaders at the State Wrestling Tournament to see that NFHS/IHSAA/ICCA rules ARE followed. Cheerleaders who are in violation of a rule will have their wristbands cut and will need to sit in the stands with their coaches. They will not be allowed mat side for the rest of that session. If a school/cheerleader(s) is continually in violation of the rules, they may have their wristbands cut and be prohibited from cheering at the tournament.

ALL National Federation Rules and the IHSAA/ICCA rules will be followed.

- **APPAREL** - Participants shall wear an official school-issued cheerleading uniform while cheering. **An official school issued uniform for high school cheerleaders is a combination of skirt, top, and sleeves that are actual cheerleading garments made/constructed of school colors which were purchased for the activity of cheerleading.** Pants, shorts, jerseys, and T-shirts are not considered official school issued cheerleading uniforms. This includes cheer pants and performance shorts. **No tights, nylons, etc. are allowed. The uniform should not have sequins. The uniform MUST follow the Cheer Uniform Requirements and Guidelines (found on the ICCA website).**
- **SHOES** - **Cheerleaders are expected to wear athletic footwear meant for cheerleading.** All pairs of cheer shoes do not need to match. Wrestling shoes, canvas shoes, sneakers, gymnastic shoes, dance shoes, and casual tennis shoes are not considered athletic. These will not be allowed. Please do not tie ribbons or other items to shoestrings.
- **ALL JEWELRY IS PROHIBITED**, except religious or medical medals which must be taped to the body under the clothing. Covering jewelry with clothing or tape does NOT make it legal. Plugs in piercings must be removed; they are not legal.
- **PINS, BUTTONS or CORSAGES ARE PROHIBITED** while cheering.
- **FINGERNAILS MUST BE KEPT SHORT.** When extending the fingers and looking at the palm of the hand, the fingernails should not be visible.

- **HAIR MUST BE SECURED** away from the face and eyes and off the shoulders, such as in a ponytail. Hair **CANNOT** touch the shoulders. Bump its, sock buns, and beads woven into the hair are **NOT** legal. **HAIR SHOULD NOT BE CHANGED AFTER THE SAFETY CHECK.** If hair is changed and found in violation, the wristband may be taken for the remainder of that session or tournament. Please see Clarifying the Hair Rule for examples of legal and illegal hair.
  - **NOTE: For State Wrestling, cheerleaders must not have hair covering any part of their ears.** This is to make it easier for monitors to check for jewelry and plugs as cheerleaders travel back and forth between the stands and the mats.
- Cheerleaders should not wear false eyelashes since wearing them does not promote an athletic image or help with effective cheering.
- NO GLITTER is allowed on the face, hair, or uniform.
- **CHEERLEADERS ARE NOT TO CHEW GUM OR HAVE CANDY IN THEIR MOUTHS WHILE CHEERING.** If this occurs, the cheerleader will be removed from cheering and the wristband will be taken for the session.

## CHEERING DURING THE TOURNAMENT

- Cheerleaders must sit around the mats in the areas designated by the mat supervisors. This is for the safety and welfare of the contestants and cheerleaders during the tournament. **Cheerleaders will sit in an “L” formation around the corners of the mat, sitting on the same side/closest to their own team’s coaches.**
- **Cheerleaders may not have cell phones, cameras, etc. mat side, which includes phones placed underneath the uniform when cheering. The wristband may be taken if a cheerleader is not complying with this rule.**
- Cheerleaders shall NOT pound or strike the mat during a pinning situation. The mats are to remain flat on the floor.
- TUMBLING OR STUNTING is prohibited at the state wrestling tournaments.
- Cheerleaders who are in violation of a rule will have their wristbands cut, will need to sit in the stands with their coaches, and will not be allowed mat side for the rest of that session.
- **NO spectators (additional coaches or coaches’ children) will be allowed on the floor of the arena! Cheer coaches remain in the stands while the cheerleaders are cheering.**
- **Cheerleaders should not climb over arena seats/chairs as injuries could occur.**
- There should be **NO CHANGING in the STANDS** when done cheering (this includes removing and putting on warmups). **This is 100% inappropriate. Squads found doing this will be ineligible for the next session.** Use the cheer locker room to change and not in the stands or a public restroom. The restrooms are for fans; they are not changing rooms.

- IHSAA policy prohibits the display of any banners or signs, as well as the use of confetti or any other form of paper or debris. **BALLOONS** are not allowed in any circumstances. This includes special situations and wins. Please share this information with your fans.
- Reserved Seating for cheerleaders and one coach/chaperone during sessions 1-7 will be directly behind the Head Table and **requires a wristband**. **Please sit only in this reserved section of seating.**
- A seating area will be provided during the finals **ONLY** for those cheerleaders with wrestlers competing in the finals. **At the Finals, coaches may NOT save seats for cheerleaders while they are cheering. Cheerleaders need to be seated in our designated area. It will be normal to not sit together as a team at first. As people leave for home, seats will open. Teams will then be able to sit together.**

**\* RESPECT others-including other cheer squads and/or individuals.**

**FAILURE TO COMPLY WITH THESE REGULATIONS MEANS THE CHEERLEADER(S) WILL NOT BE ALLOWED TO CHEER AT THE TOURNAMENT!**

## CLARIFYING THE HAIR RULE FOR CHEERLEADERS

**The following are examples to help coaches understand the intent of the hair rule; not all situations are covered.**

SECURING hair away from the face situations:

1. Hair in a ponytail and bangs (which would have been in the eyes) secured away from the face – legal
2. Hair in a high ponytail that is long and goes down the back – legal
3. Hair in pigtails or side ponytail that does NOT touch the shoulders – legal
4. Hair in a low back ponytail at the base of the nape of the neck – legal
5. Short hair that has hair long enough to tuck behind the ears, or be in the face, which is not secured – **illegal**
6. Hair long enough to touch the shoulders that is half up and half down (the back of hair is down, but front and bangs are pulled up and secured) – **illegal**
7. Long, ratted hair that goes in cheerleader's face, which includes top person's hair going into the face of the base(s) or spotter – **illegal**
8. Long hair in a ponytail high on the crown that allows the hair to fall into the face – **illegal**
9. Short hair that brushes the tops of the shoulders – **illegal**
10. Hair in a ponytail that's lying on or over the front of the shoulder – **illegal**
11. Hair in a side ponytail that goes onto or touches the shoulders – **illegal**
12. Hair in pigtails that touches the shoulders – **illegal**

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Bangs pulled across forehead, wispsies, and chunks of hair beside face:

1. The above - out of eyes and if necessary soundly secured away from the face – legal
2. Hair that falls into the face while cheering, stunting, or tumbling – **illegal**

3. How do you know if it is legal? If you have to:
  - a. Move your head to move hair away from your face – **illegal**
  - b. Use your hand to move hair away from your face – **illegal**
  - c. Tuck hair behind your ears – **illegal**

Accessories:

1. Small rhinestones professionally adhered/punched into a bow or headband – legal
2. Headbands and bows with small, flat items sewn on – legal
3. Flat clips or bobby pins – legal
4. Headbands and bows with sequins or other items (any size) glued on – **illegal**
5. Bows with **hard rhinestones/bling as the middle part of the knot** – **illegal**
6. Large items on headbands or bows sewed on – **illegal**
7. Bows touching the face area including the forehead – **illegal**
8. Alligator type clips, including those on bows or other items – **illegal**
9. The plastic hair bump-it, bun sock, or anything under the hair to lift it up – **illegal**
10. Hair interwoven with beads – **illegal**
11. Flowers, feathers, etc. in the hair – **illegal**

**If you have to move your head to get hair out of your eyes, use your hands to tuck hair behind your ear, or move hair off your shoulders – your hair is not secured and probably **ILLEGAL**.**

**Any time the hair gets in the way of a stunt, it is **illegal**. The hair should be off the shoulders for stunting.**